



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-02-12)

Visit us at www.fns.usda.gov/fdd

110160 – FRUIT MIX, DRIED, 1 LB

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruit
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade B dried fruit consisting of equal parts raisins, dried apricots, dried cranberries, dried dates, dried figs, dried plum pieces, or dried cherries. This product may contain pit fragments and it is peanut free.
PACK/YIELD	<ul style="list-style-type: none">24/1 lb bags per case.One lb AP yields about 2 ½ cups dried fruit mix and provides about 9.7 ¼-cup servings dried fruit mix.CN Crediting: ¼ cup dried fruit mix provides ½ cup fruit
STORAGE	<ul style="list-style-type: none">If package is opened, refrigerate and use within 6 months.Unopened packages will keep 6 months in a dry place at temperatures under 65 °F.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none">Dried fruit mix may be served right from the package.

Nutrition Information

Fruit mix, dried

	¼ cup (34 g)	½ cup (68 g)
Calories	88	176
Protein	0.7 g	1.4 g
Carbohydrate	23 g	46 g
Dietary Fiber	2.2 g	4.4 g
Sugars	17.28 g	34.56 g
Total Fat	0.142 g	0.284 g
Saturated Fat	0.01 g	0.02 g
Trans Fat	0.00 g	0.00 g
Cholesterol	0 mg	0 mg
Iron	0.52 mg	1.04 mg
Calcium	16.6 mg	33.2 mg
Sodium	1.4 mg	2.8 mg
Magnesium	8.6 mg	17.2 mg
Potassium	218.8 mg	437.6 mg
Vitamin A	347 IU	694 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.13 mg	0.26 mg
Vitamin E	0.37 mg	0.74 mg



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USES AND TIPS	<ul style="list-style-type: none">• Serve, as is, as a meal-time fruit choice.• Repackage to serve as a snack.• Serve as a delicious, nutritious topping for ice cream, yogurt, or cereal.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or mold before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.